

Casemate

Spotlight
Event

'A Release at the Falls'

Gospel singer Tonya Smith-Williams will be part of a Post Theater variety show here Feb. 3.
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Vol. 27, No. 2

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January 21, 2005

What's Inside



A closer look

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Pray-day

The Army Chief of Chaplains will visit Monroe for a special February observance.

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Stomping the Rattlers

Cadet Command caged the Rim Rattlers 42-30 during a Jan. 13 matchup.

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Community Notice

NMFA seeks spouse scholarship applicants

The National Military Family Association is now accepting applications for their Joanne Holbrook Patton Military Spouse Scholarship Program.

Scholarships are normally in the amount of \$1,000. The funds may be used for tuition, books and other associated fees paid directly to the educational institution.

Applications are only accepted online and must be received on or before March 31. For more information, visit www.nmfa.org.

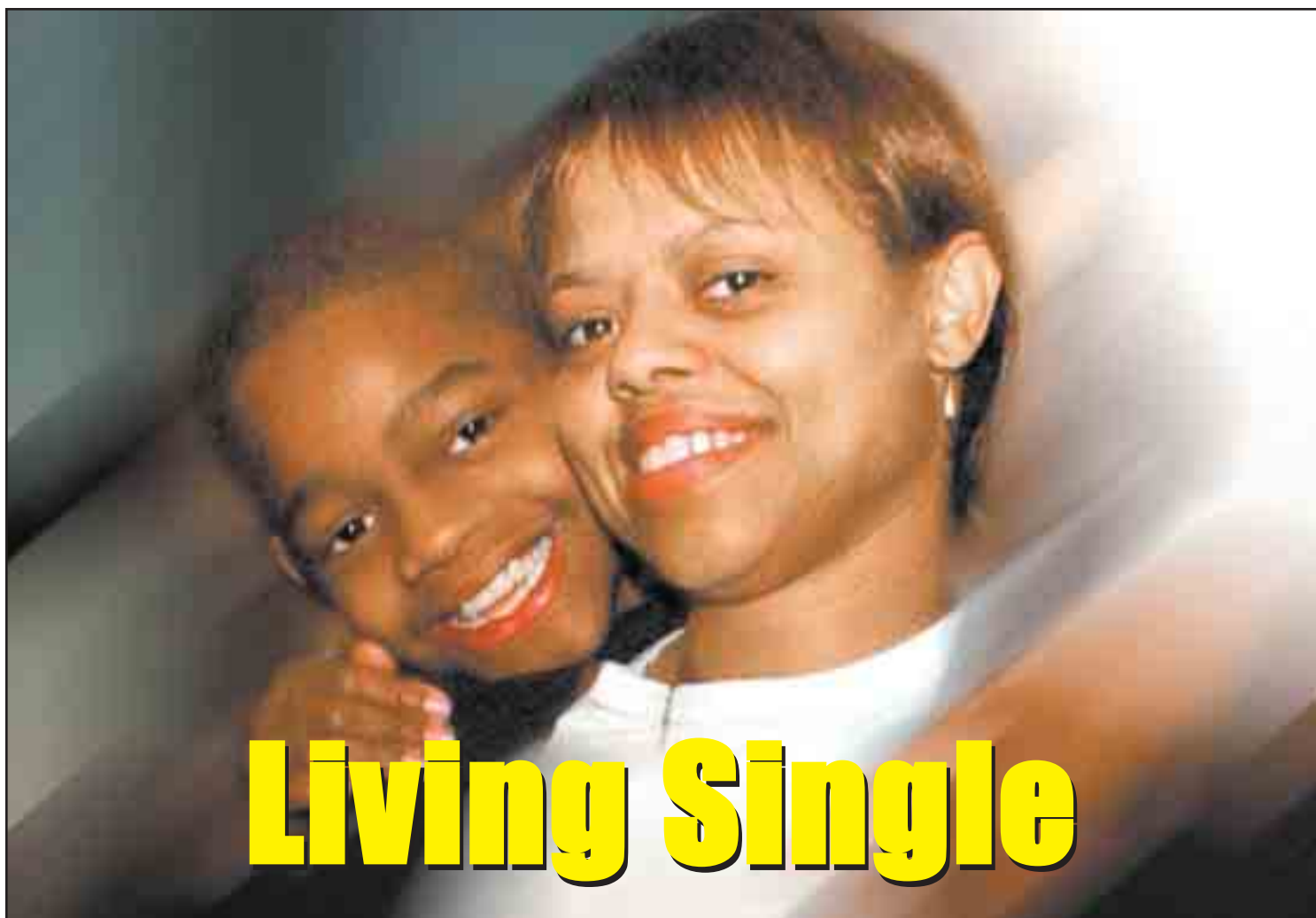


Photo by Belinda Baker

Spc. LaTosha Mills and her son Tramon are among the steadily growing population of single parent families in the military today. At last count, more than 38,000 Soldiers are rearing children on their own. It's a lifestyle that can bring as much anxiety as hope, and as much sorrow as joy, as military demands increase and combat deployments become more frequent. Mills and another Fort Monroe single parent, Staff Sgt. Tania Ponder, tell their story on Page 10.

Monroe beefs up mass notification system

BY PATRICK BUFFETT
CASEMATE STAFF WRITER

Force protection experts here conducted the final test of a new Mass Notification System – or MNS – Thursday.

Somewhat reminiscent of the '80's television show "M.A.S.H.," the primary loudspeaker component of MNS that's mounted atop Building 5 inside the moat can boom messages throughout the heart of Fort Monroe and warn families or employees who are outdoors or away from their desks that a potential emergency exists.

An internal speaker system has also been installed in the barracks building on post, and additional systems are projected for other key locations on the installation.

"The need for this system was identified, in part, by the (June 1996) Kobar Towers bombing in Saudi Arabia," explained Bill Moisant, installation anti-terrorism officer. During that incident, as many may recall, 19 were killed and nearly 200 injured

when the front of an apartment tower was literally torn off by nearly 5,000 pounds of explosives concealed in a parked truck.

"Experts took a look at that incident and realized that a contributing

"It's pretty clear that there's a genuine threat out there and the worst time to learn that you're not prepared is during a serious incident."

Bill Moisant

Installation Anti-Terrorism Officer

factor to the amount of damage done was the inability to get people out of the building," Moisant said. "That finding resulted in a Department of Defense mandate that all military installations be equipped with mass notification systems."

Moisant produced a copy of the

DoD "unified facilities criteria," dated Dec. 18, 2002, which outlines the design, operation and maintenance of mass notification systems. One portion read: "To reduce the risk of mass casualties, there must be a timely means to notify building occupants of threats and what should be done in response to those threats."

"The addition of this MNS gives us a pretty robust emergency notification system," Moisant continued. "Combined with our mass email and telephone notification system, called the 'Communicator,' we are fairly confident we can reach every office and home on Fort Monroe within minutes."

"Communicator" was activated more than a year ago. It is capable of auto-dialing as many as 400 phone numbers in five minutes and simultaneously sending e-mail notifications to a nearly unlimited number of addressees. The MNS fills the

See NOTIFICATION, Page 3

"Perhaps it is time we all started reading the greatest 'how-to' book ever written."

A better life is just a 'how-to' book away

Sometimes I spend hours watching the cable television station called HGTV.

It has a lot of great programs that explain "how to" fix and remodel homes and make other improvements in your living environment.

I also like to watch reruns of "This Old House" with Bob Villa and "Ask This Old House" on the A&E channel. I guess the thing that appeals to me most about these shows is that they make so many tasks seem easy even though we know they aren't.

Magazines like "PC World" are also another favorite of mine. Over the years computing has become a sort of hobby for me, and the various periodicals I've read have taught me "how to" do lots of things like installing a SCSI (pronounced skuzzy) Controller Card or removing and installing motherboards, RAM chips, hard drives, and so forth.

Chaplain's Corner



Lt. Col. Barry M. White
IMA-Northeast Region Chaplain

Moreover, these magazines have taught me "how to" survive the constant evolution of Microsoft operating systems – from the early days of MSDOS 3.0 to the current Windows 2000 and XP.

In the early days, I also learned how to create web pages the old fashion way by using "html" codes. I still do it that way today, even though programs now exist

that will do all of the work for you.

I've also read a lot of "how to" books on other subjects. The list would be too long for me to write here. It would suffice to say that books and visual media could be very helpful in learning "how to" do all sorts of things in life. Here are a just a few examples:

"How to Win Friends and Influence People," by Dale Carnegie

"How to Get What You Want and Want What You Have: A Practical and Spiritual Guide to Personal Success," by John Gray

"How to Live with a Neurotic Dog," by Stephen Baker and Fred Hilliard

"How to Have a Big Wedding on a Small Budget: Cut Your Wedding Costs by Half - or More," by Diane Warner

"How to Behave so Your Children Will Too," by Sal Severe

"How to Pack," by Travel Staff Fodors

Okay, some of these titles border on the extreme, but they're indicative of the wide range of "how to" books on the market today. But wait ... aren't we forgetting an even better book that covers many of the most popular topics?

What about the Holy Bible!

In Exodus 20:1-17 we can read the Ten Commandments. This section of the Bible is the "how to" on living right; the "how to" on living the way God intends us to live.

The Bible is the "how to" book on relationships: what to do and not to do. The Bible is the "how to" book on finances; eating; dating; getting along with others; and getting answers to life's biggest questions. It's the

"how to" book on helping others; self-examination; sharing; doing good things; and loving the unlovable.

The Bible is the "how to" book on finding hope when the world seems full of hopelessness; finding love in a world void of love; and finding forgiveness in a world that does not forgive.

Perhaps it is time we all started reading the greatest "how to" book ever written. Perhaps its time to get back to living by the Ten Commandments, which is God's "how-to" list.

Will you read it this week? Will you set aside the TV Guide, Cosmopolitan, Redbook, Field and Stream, PC World, Outdoor Life, Vogue, Golf Magazine, Ebony, and all the other "how to" books in your personal library and reach for the Bible?

I know you will learn a lot if you give that book a try. After all, it has been around for a long time and it's still a best seller!

"... The dealer cannot change the terms of the sale without the customer's consent."

Beware of car dealership trade-in tricks

(This is the second column in a three-part series on how to avoid common car dealership scams.)

In my last column, I made mention of the recent U.S. Supreme Court decision against Bradley Nigh, a consumer who was defrauded by a crooked Virginia car dealership. Unfortunately, that decision has made it more difficult for consumers to successfully sue a car dealership that commits fraud.

Thus, it is now more important than ever for car buyers — especially military members — to educate themselves about car buying up front to avoid a few potential pitfalls.

Community Spotlight



By Capt. Eric Hanson
Post Judge Advocate Office

Troubles with Trade-Ins.

Like many car buyers, Nigh traded in his current vehicle to help pay for a used SUV. The dealership

also gave Nigh a very low-interest loan to sweeten the deal. After owning the car for about a week, though, the dealer told Nigh that he had to make an additional down payment of \$2,000, take a more expensive loan, or give up the SUV.

Nigh decided he wanted to give back the SUV and get his old car back, but the dealership told him that they had already sold his trade-in. Nigh felt he had no choice but to take the more expensive loan.

Actually, Nigh had the right to give up the new car and get back his down payment, including the vehicle he traded in.

Since the dealer claimed to have sold the trade-in, Nigh had two choices.

First, he could have told the dealer "Sorry, forget it. You have ratified the deal by selling my trade-in." If a customer's trade-in has been sold, the dealer cannot change the terms of the sale without the customer's consent.

Nigh's second option was to give up the SUV and demand the dealer refund his down payment, including the cash value of the trade in. In other words, if the dealer credited \$1,000 toward the purchase of the new car because of the trade-in, Nigh was entitled to have the dealer write him a check for \$1,000.

Any time you trade in your car to help with the down payment on another car, remember these three

things to help you avoid any unpleasant problems after the purchase:

1. Do not give up the title or keys to your trade-in until after the purchase contract is signed.
 2. Sometimes dealers "forget" to note in the purchase contract that you traded in a vehicle, or misstate the negotiated value of the trade-in. This is called "swallowing" the trade-in, and is basically theft. Before you sign the purchase contract, make sure it clearly states that you traded in your old car and how much money the dealer "paid" you for your trade-in. The contract is your proof
- See TRADE IN, Page 3**

Fort Monroe Editorial Staff

Commander Col. Perry D. Allmendinger
Public Affairs Officer Nancy Popejoy
Editor Patrick Buffett
Assistant Editor Patricia Radcliffe
Editorial assistant Belinda Baker

The CASEMATE® Building 27, Fort Monroe, VA 23651-1032; (757) 788-3520/3208/3531; email: casemate@monroe.army.mil; or FAX (757) 788-2404; Casemate Online: <http://www.monroe.army.mil/casemate/>

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Newport News, VA 23606
(757) 596-0853/FAX (757) 596-1473

Norfolk Office:

2509 Walmer Avenue
Norfolk, VA 23513
(757) 857-1212/FAX (757) 853-1634

Monroe prayer breakfast features top Army chaplain

Maj. Gen. David Hicks, U.S. Army Chief of Chaplains, will be the featured speaker for Fort Monroe's National Prayer Breakfast observance starting at 6:30 a.m., Feb. 15, at the Community Activities Center.

Tickets for the observance are available now from senior NCOs. The event is free to E-5s and below, but a ticket is still required. All other ranks and civilians who wish to attend are asked to donate \$5.

Lasting through 8 a.m., the program will include remarks by Gen. Kevin P. Byrnes, TRADOC commander, and music by The U.S. Army Continental Band's woodwind ensemble, among other highlights.

A native of Long Island, NY., Hicks was promoted to major general in August 2003 and assumed his current position. He was discharged as an infantry sergeant in 1967 and entered the Army Chaplaincy in August 1974 after having been ordained as a Presbyterian minister.

In addition to completing numerous enlisted assignments, Hicks has served in the chaplaincy at posts throughout the nation and overseas including Friedberg, Germany; Heidelberg, Germany; Fort Dix, NJ; Fort Bragg, N.C.; Fort Benning, Ga.; Fort Richardson, Alaska and Vicenza, Italy. He was also assigned to the Pentagon where held the Deputy Chief of Chaplains post during one of two stints there.

Hicks has enjoyed an illustrious military career receiving many awards and decorations. Among those are the Legion of Merit, Meritorious Service Medal with six Oak Leaf Clusters, Army Good Conduct Medal with "2" clasp, National Defense Service Medal, Armed Forces



Courtesy photo
Maj. Gen. David Hicks

Service Ribbon, Humanitarian Service Medal, NCO Professional Development Ribbon 2; Army Service Ribbon, Overseas Service Ribbon 5, Korean Defense Service Medal and The Global War on Terrorism Medal.

The chaplain's military education includes the U.S. Army Chaplain Basic and Advanced courses, combined Arms Services Staff School, Instructor Training Course, Command and General Staff College and the Army War College.

He earned a bachelor's degree from United Wesleyan College at Allentown, Penn.; a master of divinity degree from Princeton Theological Seminary and a master of theology degree from Duke University.

The National Prayer Breakfast dates back to 1942, starting out as an informal gathering of senators and congressional representatives at the height of World War II. Minus the fanfare surrounding today's observances, they met faithfully for 10 years acting as spiritual and personal support for one another.

The observance became "official" when then-presidential candidate Dwight Eisenhower confided to Sen. Frank Carlson that during the war, when he was commanding the Allied Forces in Europe, he had had a spiritual experience.

Eisenhower recounted to Carlson how his friends provided spiritual strength in the days before D-day. Carlson then told Eisenhower about a prayer group in the Senate. Based on those conversations and subsequent meetings with Carlson, Eisenhower attended the first combined Prayer Breakfast in 1953 after having been sworn in as President.

NOTIFICATION

Continued from Page 1

remaining void by broadcasting emergency messages to those who are away from their phone and computer.

"One possible scenario in which this system would be employed is a bomb threat," Moisant said. "The priority is to get people away from that area, and direct them to safety."

"And you might also consider the situation right before Hurricane Isabel hit in 2003," he added. "When the decision was made to evacuate a portion of post housing, our primary means of notification was a loudspeaker mounted on a vehicle. It worked fairly well, but it took time and that may not be a luxury we'll always have."

"In the long run, our goal is the sense of safety and security," Moisant said. "I know our community hears this all the time, but times have changed. It's pretty clear that there's a genuine threat out there and the worst time to learn that you're not prepared is during a serious incident. I really hope this system is never needed for its true purpose, but I also realize it has the potential of saving lives ... that's the real story here. We're not ignoring the times in which we live."

TRADE IN

Continued from Page 2

that the dealer has your trade-in and how much it is worth.

3. Be careful if you trade in a vehicle that is worth less than the amount you owe on the auto loan. If your car is worth \$5,000, but you owe \$8,000 on the loan, you may be tempted by a dealer who promises to give you \$8,000 for it. The dealer will probably find a way to increase the purchase price by \$3,000 to cover the difference, and you will end up paying increased sales taxes on the \$3,000 you are borrowing to pay off your previous loan.

If you are planning to buy a car, or if you have problems with an auto dealership after a deal is made, contact a legal assistance attorney immediately. At Fort Monroe, the Office of the Post Judge Advocate has attorneys available to help you before and after you buy a car.

The office is on the second floor of the Post Headquarters, Building 77, next to the fire station and across the street from the Fitness Center. To make an appointment visit the office between 8:30 a.m. and 4:30 p.m., Monday through Friday, or call 788-3616.

Free class focuses on identity theft

A free financial workshop titled "Identity Theft and Credit Scoring" is being offered by the Soldier and Family Support Center on Feb. 10 from 11 a.m. to 1 p.m.

A financial expert will discuss ways to protect yourself from identity theft, and what to do if you become a victim.

Those interested in attending are asked to RSVP by Feb. 7, as space is limited. Brown bag lunches are welcome. For more information, or to reserve a seat, contact Beverly Nicholson at 788-4132 or email beverly.a.nicholson@us.army.mil

Banking Red Cross Style

Fort Monroe employee David Dodd smiles after turning his Red Cross hat backwards so its "Give Blood" message is clearly displayed during the Jan. 13 blood drive on post. Dodd has regularly given blood since age 17. Also pictured is Maria Nara, a donor services tech. Other drive milestones met are as follows: Michael Babcock — two gallons; John Tutson, Jr., and Anthony Johnson — three gallons; Susan Green — four gallons; Sandra Turner — five gallons; James Stensvaag — eight gallons; and Karen Sanderlin — 19 gallons.



Photo by Patricia Radcliffe

NewsClips

The garrison commander is hosting a Fort Monroe community town hall meeting Feb. 8 at 6 p.m. in the Post Theater.

AFAP Forum issues requested

Fort Monroe's Army Family Action Plan Forum will be held May 24-25 in the Soldier and Family Support Center. This forum addresses quality-of-life issues and provides feedback to Army leadership on how programs and services can be improved to meet the needs of military personnel, their families and DA civilians.

Issues are being accepted now for the forum. Persons submitting issues should provide the title of the issue, the scope - which defines the problem - and recommendations for resolving it. Submissions should be sent by e-mail to Beverly Nicholson, program coordinator, at beverly.a.nicholson@us.army.mil or by mail to Soldier and Family Support Center, 151 Bernard Road, Fort Monroe, VA 23651.

Copies of last year's issues and their resolutions can be obtained by contacting Nicholson via e-mail or phone at 788-4132.

Facilitators, recorders needed

Facilitators, recorders and admin people are needed for the Army Family Action Plan forum, scheduled for May 24-25 in the Soldier and Family Support Center. Facilitators direct the activity of a group, stimulate group discussion, help a group accomplish a task and get everyone to participate.

Recorders capture the basic ideas of a group on paper and ensure information is adequate. Several free training sessions will be held with the first one on Jan. 25, from 9 to 11:30 a.m., in the Soldier and Family Support Center, 151 Bernard Road, Fort Monroe. Refreshments will be provided. Indicate if child care is needed. To register or for more information, contact Beverly Nicholson at 788-4132 or via e-mail at beverly.a.nicholson@us.army.mil.

Thanks for holiday assistance

Holiday assistance program coordinator Beverly Nicholson sends special thanks to the Congregations of the Chapel Center, the Military Order of the Purple Heart, Adams-Williams Chapter 607 and the USO for their generous contributions during the 2004 Holiday Assistance Program .

The Military Order of the Purple Heart donated \$300 that supplied groceries for over 15 junior enlisted families for Thanksgiving. Congregations of the Chapel Center collected \$3,140.23 that provided food, toys and clothing for over 45 military families; mostly consisting of three or more family members. The

USO coordinated the adoption of military families who needed more assistance.

In the turmoil of today's world, this support placed smiles on parents' and children's faces and granted hope to those who were despondant. Several Soldiers mentioned that their families were experiencing one financial hardship after the other throughout the year and did not know how the holidays would turn out for their young children. Others stated that the cost of food, diapers, etc. for their single income families and added financial obligations, dampened the season. According to feedback received from first sergeants and recipients, families felt they enjoyed the holidays better because of the support. It was greatly appreciated.

Also, thanks go to the Soldier and Family Support Center staff for their efforts in this project.

New resume-builder

The Army is deploying a new version of the Army civilian Resume Builder and ANSWER. This will modernize, simplify and shorten the job application process. The new tool will combine both the Resume Builder and ANSWER into one application providing a number of benefits to applicants for appropriated fund positions.

Users with existing Resume Builder and ANSWER accounts should log in as "Registered Users" when first accessing the new Resume Builder/ANSWER application. The user will be prompted to verify/update registration information. The resume will not appear in the new builder; therefore, it is highly recommended that you save a current copy of your resume.

Even though your resume can not be viewed in the new builder, it can be viewed through ANSWER in text format and you will be able to copy it to text program. You can still Self Nominate for positions using your current resume on file without having to first recreate your resume.

Enhancements and features of the new system are:

- ☐ Army Civilian Resume Builder and ANSWER are now located under one login process.
- ☐ There is a capability to toggle between Resume Builder and ANSWER.
- ☐ It is user friendly and menu driven; no more scrolling down on a long page.
- ☐ There is an enhanced copy, cut and paste capability; one can copy from ANSWER and paste into Resume Builder.
- ☐ Worksheet formats are available for work experience, education and

See NEWS CLIPS, Page 7

NSU singers serenade post audience



Photo by Matthew Thomas

A Norfolk State University chorale performed several Negro Spirituals to support the Dr. Martin Luther King, Jr. celebration held in the Post Theater on Jan. 11.

3 X 9

New museum exhibit honors WO roots

BY PATRICIA RADCLIFFE
CASEMATE STAFF WRITER

The shout, “Let go!” is heard and a dangerous spherical object is lowered into East Coast waters as part of a barrier to thwart the advance of enemy vessels.

It was a moment during the infancy of the 20th Century when minelaying was a valuable deterrent to America’s enemies and was overseen by the Army’s first warrant officers who trained here at the Post Artillery School. “The Mine Planter Service was established in

1921 and warrant officers were a part of that,” Chief Warrant Officer (retired) Donald Woodruff said during an interview Jan. 12. “Prior to 1921, the term warrant officer was not used in the Army; they had them in the Navy, though.” Woodruff’s interest in warrant officer corps history has led to a new exhibit at Fort Monroe’s Casemate Museum. The display includes a print recognizing the warrant officer’s leadership responsibilities, even from the rank’s inception. There are photographs of minelayers as well as a model of a mineplanting vessel.

A War Department bulletin shows that Congress authorized the establishment of a warrant officer corps in the Army in 1918; yet, it was not until 1921 that anyone was appointed, as far as Woodruff and other researchers have been able to tell.



Donald Woodruff

“We haven’t narrowed it down to who (the first WO was) or exactly when (he was appointed); so, I don’t know when the Army war-rants’ official birthday is because it was lost to history,” Woodruff said.

“I try to explain to people that this is the home of the warrant officers. Everybody thinks it is Fort Rucker because they have pilots and aviators there, but this is the birthplace,” he said.

Woodruff began researching the warrant officer’s connection to Fort Monroe after taking part in discussions about a new painting to depict members of their ranks.

He enlisted the aid of Dave Johnson, Case-mate Museum archivist, and began going through old documents and photographs to ‘get a picture of what happened here.’ Over the course of about 18 months, Woodruff and Johnson compiled information that is now on display in the museum.

“If you had asked me (about warrant officer history) when I was a young warrant officer — a W2 or W3 — it wouldn’t have meant anything. I was worried about my current job and looking ahead to the future. The older you get, the more you relish the past, whether it’s your own or somebody else’s. It came to me with maturity I guess. Like, hey, some of my warrant officer ancestors — as it were — were here.

“I got curious. I’m not a historian, by any means,” Woodruff said.



Photos by Patricia Radcliffe

The detail (above) of a Don Stivers print depicts a warrant officer commanding crewmembers to lower a mine over the side of an Army boat. It can be viewed in the Casemate Museum.

4X12

Around the Army This Week



Hail to the Chief

Army Master Sgt. James Hicks, a fifer with the 3rd U.S. Infantry Regiment, The Old Guard Fife and Drum Corps, practices for the 55th Presidential Inauguration, that was held on Thursday. For more than two hundred years, each branch of the military has supported the inauguration. The military's role recognizes civilian control of the military.

Photo by Donna Lou Morgan

Army eyes new first-aid training for all Soldiers

BY HUGH C. LAUGHLIN
TRADOC NEWS SERVICE

FORT MONROE, Va. – U.S. Army Training and Doctrine Command will launch a revised first-aid training program for all Soldiers this spring.

A six-month pilot course conducted at Fort Knox, Ky., has set the stage for the new program.

“We are currently training all basic trainees in basic first aid that has not changed significantly in the last generation,” said Maj. Ron Ellyson, senior physician assistant for TRADOC.

Among the components of the current BCT first-aid training regimen are evaluating a casualty, mouth-to-mouth resuscitation, controlling bleeding, splinting fractures, treating burns, transporting a casualty, administering a nerve-agent antidote and practicing good field sanitation and hygiene, Ellyson explained.

“We have identified situations where a Soldier who has responded to a casualty or injured buddy could have known more to make a better intervention,” Ellyson said.

The new first-aid training, for instance, will incorporate some new products for first aid that

are superior to the ones currently being used. “One is the emergency trauma dressing that combines the dressing with elastic tails that add pressure,” said Ellyson. “So instead of having to apply field dressing, then padding and more dressing, the new trauma dressing is both field dressing and pressure dressing in one item that is more effective in controlling bleeding.”

Another new product is the combat application tourniquet. “The CAT is self contained, and you do not need to find a stick to tighten the tourniquet,” Ellyson said. “A windlass is now included.”

Another new first-aid technique to be taught to Soldiers is opening an airway by using a large-bore needle, which might be an intervention measure for a decompressed lung.

“If something has penetrated the chest, collapsing the lung, you will seal the place where the projectile entered, then provide another outlet for the air trapped to escape, allowing the lung to fill again,” Ellyson said. “This is a technique that can be employed in the field by all Soldiers.”

The revisions to first-aid training, drawn from lessons learned, will be included among



Photo by Sgt. Vernon Freeman

A Soldier with 2d Battalion, 6th Infantry Regiment, renders aid to a team member with a simulated gunshot wound during urban combat training in Baghdad, Iraq.

the many different warrior tasks taught to BCT Soldiers. The training will also stress methods for transporting a casualty and decision-making skills while under fire.

“Some have said that our first-aid training has not changed since the Civil War,” said Ellyson. “We are making these changes to effectively help Soldiers survive on the battlefield.”

Market patrol

Paratroopers from the 325th Parachute Infantry Regiment, 82nd Airborne Division, patrol the Al Sudeek district of Mosul, Iraq, on Monday.

Photo by Pfc. Adam Sanders



Photo by J3C David P. Coleman

Courage under fire

Spc. Caleb Halten and Pfc. Derek Northenscold fire rounds from a 3-inch anti-tank gun used in World War II during a rehearsal ceremony for the 55th Presidential Inauguration.

NEWS CLIPS

Continued from Page 4

additional information; it puts information in the proper format.

- New job experience entries will automatically be entered at the beginning of the resume.
- One large box for job experience, instead of six individual boxes, provides more flexibility.
- Up to 12,000 characters are now provided for job experience description.
- Status tracking has been enhanced; only the last 25 entries are displayed with 'open to view more.'
- Enhanced Help menus are available for applicants' use.
- User can retrieve or change userid and password without having to send a request to the Webmaster.

Resumes can be viewed in ANSWER normally within five to 10 minutes; the maximum time is one hour after it has been uploaded to the centralized database, usually due to traffic.

E-mail resumes can take up to three days to be uploaded, provided they are in the proper format.

Prepare a generic resume that would cover any type of position for which you qualify because each person is allowed one resume on file at a time. There is no particular order to this process. Contact Kimberly Rhoades at 788-2759 for more information.

CCC luncheon

The Fort Monroe Casemate Community Connection invites you to attend its Mardi Gras Bingo luncheon on Feb. 10 from 11 a.m. to 1 p.m. The location is the Hampton Radisson Hotel. Cost is \$14. One must be a member or the guest of a member to attend luncheons. Membership is open to active duty spouses, retired military and civilians associated with Fort Monroe.

For reservations, call Christy Draper by Feb. 6 at 224-6447. For membership, information, visit our website at www.monroeccc.com

Contraband historian speaks to Historical Society

The Historical and Archaeological Society of Fort Monroe will hold its next meeting on Feb. 7 at 11:30 a.m. at Delargy's Bistro, 1814-A Todds Lane, Hampton. In conjunction with African

American History Month, guest speaker Sandra Johnson will portray "Vasti Moses: Contraband of War," a composite character based on her own extensive research. This meeting is open to the public. For more information, contact David Johnson at 788-3935.

Toastmasters groups meet

Join members of the Old Point Comfort Toastmasters Club for a dynamic meeting and lots of lunchtime fun while improving communication and leadership skills. The club meets the first and third Wednesdays of each month at 11:40 a.m. in the Health Clinic, Bldg. 82, Room 248. The next meeting is Feb. 2.

The mission of the club is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills. This, in turn will foster self-confidence and personal growth.

For more information, contact Beverly Nicholson, publicity chair, at 788-4132 or by e-mail at beverly.a.nicholson@us.army.mil.

For a list of all Toastmasters clubs, visit www.toastmasters.org.

Fort Monroe's Future Leaders And Thinkers Toastmasters Club meeting Monday at Bldg 10 in the second floor ACA conference room at 11:40 a.m. Toastmasters International training programs are recognized by the Office of Personnel Management as a training venue for government employees. Structured progressive self-pace programs are provided to help you improve your communication and leadership skills. Come and bring a friend.

For more information, contact Janet Geisler, 788-2407; or Donna Satisfield, 788-3864.

Volunteers needed for gala

The USO of Hampton Roads is in need of volunteers for their Feb. 12 gala at Kings Mill in Williamsburg. A total of 45 helpers are needed for a variety of tasks, to an escort for VIPs attending the event. That position would begin at 5 p.m. and end around 8 p.m. Hours differ depending on the task.

It's a formal event so all volunteers will have an opportunity to interact with some VIPs.

The dress is Class A formal unless otherwise

noted. Formal wear is also required for non-military attendees. Those interested in participating should contact Rebecca Gibson at rgibson@hampton.gov. The USO cannot guarantee any position but will take requests. Information on the gala can be found at www.usohr.com.

Army seeks warrant officer candidates

The United States Army is looking for highly motivated Soldiers, Marines, Sailors and Airman to fill its Warrant Officer ranks.

Positions are open in all 45 specialties for those who qualify. Applicants with less than 12 years active federal service are encouraged to apply.

For more information, and all forms/documents required, visit www.usarec.army.mil/warrant. Call DSN 536-0328/0466/0271/1860/0458/0484. The toll-free number is 1-800-223-3735, ext. 6, and then any of the four digit numbers listed.

Crisis hotline training

CONTACT Peninsula, a 24-hour Crisis Hotline, will begin training for volunteers on Jan. 29. Classes will take place on Saturdays from 9 a.m. until noon for nine weeks. If you are interested in helping people work through their troubles by listening, call the CONTACT business office at 244-0594 for more information.

Salt Pond project needs helpers

Volunteers are needed for a beach replenishment program at nearby Salt Ponds. Work is ongoing to stabilize dunes damaged by hurricane Isabel.

The City of Hampton will plant 48,000 sprigs of American beach grass along a half a mile of dune tops Saturday beginning at 9 a.m. Hundreds of volunteers are needed to complete this project in a timely manner.

The effort is expected to take all day; however, volunteers are encouraged to sign up for two- or three-hour shifts as available.

Refreshments, supplies and port-a-john facilities will be provided.

For more information on volunteering, contact Hampton Environmental Relations at 727-6325 or email ccopper@hampton.gov.



Photo by Patricia Radcliffe

Weather woes

Freezing temperatures combined with a brief snowstorm Wednesday to create treacherous driving conditions throughout the Tidewater area. Post employees faced a long wait just to get off post, and icy conditions on roads and bridges delayed them even further. By Wednesday evening, area police officials reported more than 100 accidents during rush hour as vehicles slid out of control or went off the road. More snow is predicted this weekend. Watch local news shows for possible post closures or delays.

Tutor provides study resources to students, parents

BY PATRICIA RADCLIFFE
CASEMATE STAFF WRITER

“Flexibility” describes the newest Youth Services tutor Franklin Scott’s approach to instruction. He teaches math full-time at Hampton Harbor Academy and assists struggling students in the after school program at the Community Activities Center here.

“Tutoring is very important because some of the kids can be disconnected from their teachers and maybe I can explain something to a kid differently than their teachers,” Scott said during a December interview.

Scott admits to beginning his career with an authoritative

demeanor but realized that he needed to bend to establish communications with and accommodate students in his charge.

When faced with a group of students at Bethel Middle School who were not passing their standards of learning (SOL) tests, he researched teaching styles and took classes to see how he could adjust his teaching methods and help them succeed.

He now teaches at the alternative school, which he says enables him to use innovative techniques to reach students who may not learn through conventional means.

Math, science and health are subjects Scott has taught in the North

Carolina and Virginia public school systems. Consequently, this Army veteran and Elizabeth City State University graduate is comfortable tutoring a variety of subjects.

Along with being a good source of information for students, he welcomes parents with questions about their children’s course work and SOLs and can provide study guides and other resources.

“If anyone needs, help I help them,” Scott said. “Kids are just kids and they all deserve a tutor.”

Scott is available Monday through Friday from 3:30 to 6:30 p.m.; except for Wednesdays when his hours are 4 to 6:30 p.m.

He can be reached at 788-3957.



Franklin Scott

MP Roll Call

PMO provides post parking reminder

The Fort Monroe Provost Marshal Office reminds those who work or live on Fort Monroe to observe all rules and regulations governing parking.

Motorists are allowed to park only in designated areas — areas which are lined for parking. Parking in any other areas is a violation and will result in a DD Form 1408 being issued to the offender. Commanders and supervisors of members in the service and DoD employees are notified when anyone in their command has received a violation notice.

Persons who receives four parking violations within twelve months will have their on post driving privileges suspended for a period of 60 days.

Post vehicle registration office issues Hampton city stickers

Hampton city decals are available at the vehicle registration office. The decals are for non-Virginia resident, active duty members only.

Vehicles must be registered solely in the active duty member’s name. The member must bring a copy of his or her LES that is not more than three months old, the vehicle registration and ID to be issued a decal.

Decals can only be issued to active duty members who reside in the city of Hampton.

Decals must be affixed to the vehicle on or before Feb. 15.

The vehicle registration office is open Monday through Friday from 8 a.m. - 1 p.m., and 2 - 4:30 p.m. except on federal holidays.

Upcoming fitness event ...

A three-mile post run will be conducted at Continental Park on Jan. 25 at 6:30 a.m. The run is mandatory for all Soldiers assigned and attached to Fort Monroe. DoD civilians are highly encouraged to participate.

4X10
AD

African-American/Black History Month

Performing arts show, lectures highlight February celebration

BY WAYNE KANOY
FORT MONROE PUBLIC AFFAIRS

Fort Monroe will sponsor three events during African-American/Black History Month (February) to heighten awareness of the contributions and achievements of African-American/Black culture. All events are free and open to the public. This year's theme is "The Niagara Movement."

"A Release at the Falls" is a performing arts celebration highlighting local area talent. Performers include contemporary R&B and gospel singers from "The United Voices of Fort Lee;" music and mime performers, "Brothers in Christ Movement;" local gospel recording artist, "Tonya Smith-Williams;" contemporary music choralists from Syms Middle School; Fort Monroe soldiers and other area performers.

The program will be held Feb. 3 from noon to 2 p.m. at the Post Theater, Building 42, on Tidball Road.



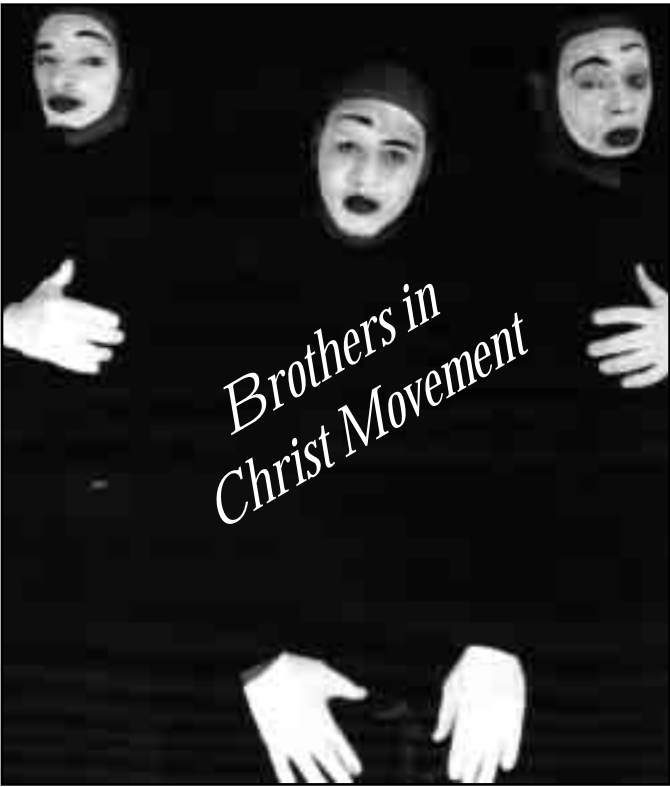
Tonya Smith-Williams

College Alumni, Sharing Our Experiences is an opportunity for high school and junior college students and other interested persons to interact with alumni representing several institutions of higher learning including military service schools.

This event will take place from 6 to 9 p.m., Feb. 17, at the Community Activities Center, Building 221, off Stillwell Drive.

"An Enhanced Mind-set" is a lecture defining the Niagara Movement and relating experiences of minorities around the early 20th Century. It is designed to bring awareness of how the Niagara Movement changed America and how it affects us now. The guest speaker is Hampton Roads civil rights attorney William A. Smith. This presentation will be held at 1:30 p.m., Feb. 24, at the Post Theater, Building 42, on Tidball Road.

For those desiring more information on any of the activities scheduled, call 788-2373.



War Museum film festival

The Virginia War Museum, Newport News, will host a Black History Month film festival during February. All shows begin at 1 p.m. in the museum theater, and are free with each day's paid admission.

- Feb. 12 — Buffalo Soldiers, starring Danny Glover
 - Feb. 19 — Glory, starring Denzel Washington
 - Feb. 26 — Men of Honor, starring Cuba Gooding
- For more information, call 247-8523.

Clip and Save

3X7

3X7

Two Fort Monroe moms discuss the highs and lows of caring for a family while ...

Living Single

**Story and photo
by Belinda Baker**

LaTosha Mills remembers every detail of the first emotionally charged goodbye to her young son, Tramon. It was six years ago and basic training beckoned. Her 3-year-old son was to remain in the care of his grandmother in Jacksonville, S.C.

"I told him that I was leaving," the now 20-something Fort Monroe specialist said. "I don't know if he understood or not. But, when I came back home the first time he didn't want me out of his sight."

The long separations continued as Mills discovered a cold, hard fact about a single-parent's first year or so in the Army. Long waiting lists for limited lower-enlisted quarters, meager paychecks and no additional income to establish a home leaves little, if any, room for children.

"As time progressed, (Tramon) got accustomed to it," the Directorate of Plans and Training clerk said.

"I'm sure it's still hard on him. This is Tramon's fifth time changing schools since 2002. In 2003 he was with me for three months one time, then again that year for seven months," she added.

Mills' situation is not uncommon. She is among a growing number of single parents nationwide. In November, the U.S. Census Bureau reported that there were 12 million single parent families in this country as of 2003. Of that figure, 10 million were single mother families.

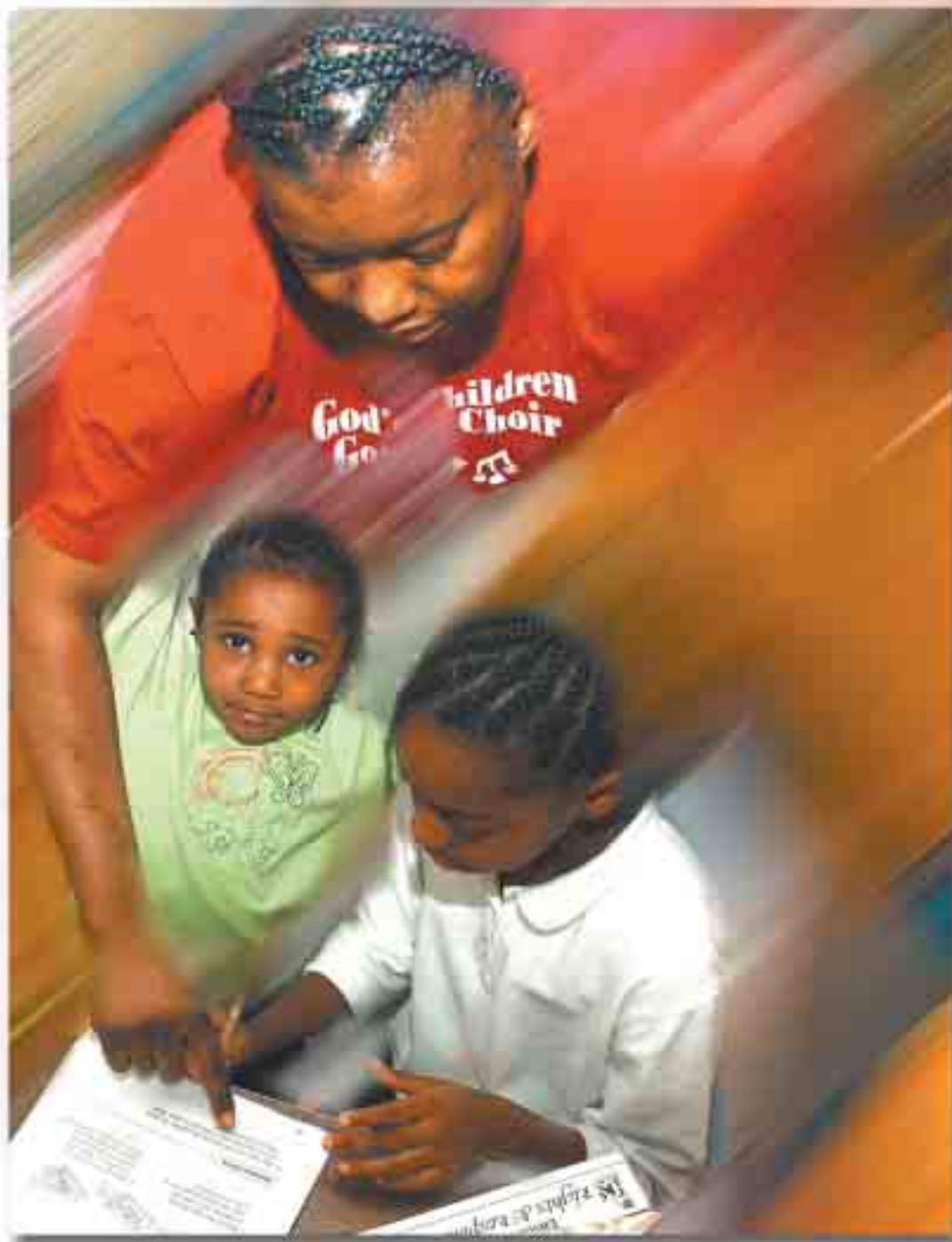
The Census Bureau has also determined that the percentage of children who live with two parents has been steadily declining among all racial and ethnic groups in recent years. Twenty million children in the U.S. under 18 now live with one parent.

As for the Army, single parents numbered 38,013 in 2003, based on the latest figures from the Military Family Resource Center, which receives its data from the Defense Enrollment Eligibility Reporting Systems.

Those studying the single parent situation, like the Census Bureau, have begun to question its impact on family life. Have policies and programs relating to welfare, family leave, child care, work and career development kept up with this new trend?

Staff Sgt. Tania Ponder, another Fort Monroe single mom, recognizes the implications all too well. The 38-year-old said she could not survive without access to adequate childcare and a reliable family care plan for her 8- and 4-year-old daughters, TajMare' and Kalila.

Army regulations require single Soldiers (and dual military couples) to establish sustainable family care plans. These plans designate who will be responsible for the Soldiers' children in the event of deployment. Failure to establish a



Staff Sgt. Tania Ponder helps her older daughter, TajMare', with homework Jan. 11 while younger daughter, Kalila, hangs out awaiting her turn to spend time with mom. This is just one facet of the family's 'hectic' daily routine, noted Ponder, adding that dinner was still in the offing.

family care plan could result in adverse administrative actions, including removal from active duty.

In her 15 years of service, Ponder has had to rely on her family care plan twice. "My older daughter has been separated from me twice ... I just returned from Korea last year. So now I have separated from both of them," said Ponder, a supply NCO with The Army School System Directorate.

She took special care to reinforce the fact that the situation was temporary before leaving her daughters with their grandmother in Campobello, S.C. two years ago.

"My older daughter was fine, but it was still somewhat hard for both of them to understand. The main thing for them was to know and understand that I would be coming back," Ponder said.

As a single mom, she has become accustomed to subtle hints, like the time she was leaving for TDY and her 4-year-old questioned, "Mommy are you going to take me to the zoo when you come back?"

"I had to make that promise," Ponder explained. "I don't look at it as a bribe. I see it

more as a comfort for her to know that when Mommy gets back she's going to the zoo."

Mills said she fully understands the agonizing decision to place a child in another person's care, and she was more than anxious to finally regain custody of her son when the first term of her contract ended. Mills was required as a single parent to place her son under the guardianship of a responsible party in order to enlist, she explained.

She re-enlisted after serving three years and returned to the states from Korea – her second duty station. Now she was ready to be a full-time mom. Her hopes were dashed, though, when she received orders to deploy to Kuwait in 2003.

"I was upset ... I had just gotten back from Korea three months prior. My son was already in North Carolina at the time. I just contacted my family to let them know he would be staying with them longer than planned. The day I deployed I dreaded it," she said.

Mills weathered that deployment only to be deployed again seven months later. She took it all in stride and carried out her military obligation.

"I have never used my single-parent status to try to get over. So far people have been really good to me and I cannot take advantage of that. I've seen where it happens, though, and not just with single parents. Everybody knows there are Soldiers who use a lot of other excuses, too," she declared.

See LIVING SINGLE, Page 16

Amid the “shoop-shoop-hiss” of automobile lifts and “zip-zip” noises of pneumatic tools lurks a crew dedicated to keeping vehicles alive ...

Motor Medics

**Story and Photos
By Patricia Radcliffe**

“He’s down, give him some air,” someone exclaimed in the midst of a scurry of bodies uniformed in dark-blue. “Hit it again, a little more air,” was the command. Then, Pop! ... “okay, we’ve got him. He’s sealed ... with no leaks.”

This tire repair scene is played out regularly at Fort Monroe’s Auto Craft Shop and in other garages across this country.

Well, maybe ... that is, without so much fervor.

Yet akin to surgeons in an operating room, mechanics perform complicated and routine procedures on some of our most prized possessions.

“We do everything here, except wheel alignments and engine overhauls, only because of space,” shop manager Bill Neff said during a Jan. 12 interview. Confidently, he discussed his staff’s skill, citing that among his small band of technicians are Chrysler and ASE - automotive service excellence - certification holders and two experts in certain aspects of foreign car repair.

Neff said that despite staff size — three technicians and one administrative person, who lends a hand by repairing and installing tires — they do their best to get people in and out quickly to acquiesce to their schedules.

Vehicles are usually dropped off first thing in the morning and the customer is called when work is complete. Workers are flexible because they know emergencies sometimes arise.

“If a customer comes in and says, ‘I’ve gotten a nail in a tire or a light bulb is out,’ usually we can get to it while the customer waits,” Neff said.

“Cost,” he said, “is the main concern people have when bringing their vehicles in for repair.” The average price of repairs is 30 to 50 percent lower than at a civilian auto repair shop.

And there are some who try to save even more money by exercising another option offered at the shop. Just as there are people who prefer to self-medicate with herbal remedies and over-the-counter concoctions, there are do-it-yourselfers who prefer to tune up, tighten up and modify their cars and trucks themselves.

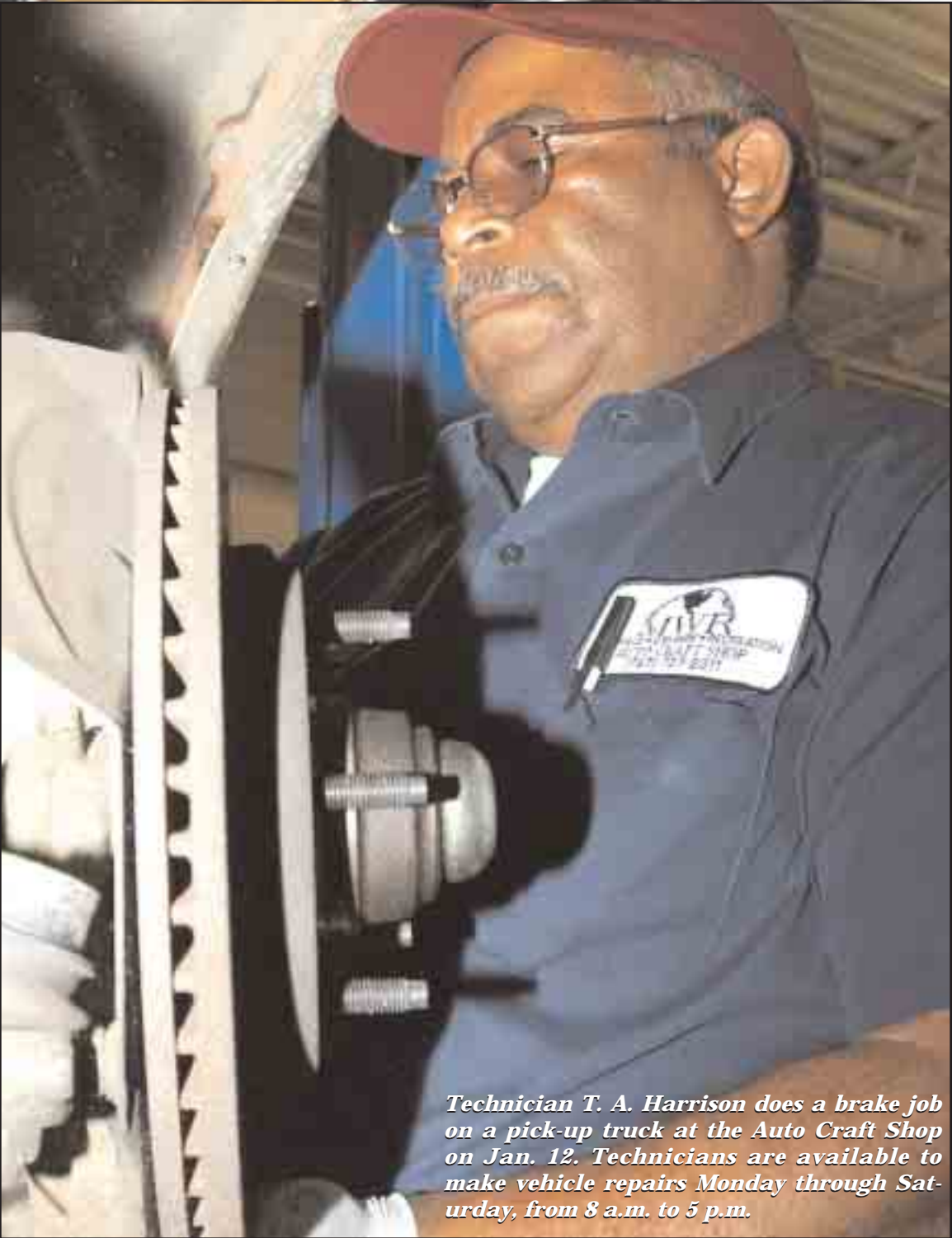
Neff said he began performing auto maintenance on his own vehicle in the ‘70s while stationed in Hawaii. He recalled the old days of extinguishing an oil light on the dash of his “\$10” car by striking the oil pan.

“I was in the Army and had no money,” he said matter-of-factly. “That’s when I started fixing cars; it was out of necessity.”

“It’s useful for people to do it themselves and if they have trouble, we help them,” he said. “Most people are afraid of working on them because they don’t know how their car works. Any one of us technicians can show them.”

To help with repairs, one lift bay is set aside for shade-tree mechanics four days a week. Standard, metric and specialty tools are available from the tool distribution center.

Neff said that the customers’ needs are foremost and assured that no matter the skill or knowledge level of patrons, his team will work with those who are interested in learning to improve their vehicle health.



Technician T. A. Harrison does a brake job on a pick-up truck at the Auto Craft Shop on Jan. 12. Technicians are available to make vehicle repairs Monday through Saturday, from 8 a.m. to 5 p.m.



Technician Chris McCoy examines a water pump he removed from a car on Jan 12. Designed similar to the human heart, the water pump sends necessary water throughout the engine block to keep the motor cool.



Cadet Command squashes Rim Rattlers

BY JON PEARLMAN
CONTRIBUTING SPORTS WRITER

Fort Monroe's Cadet Command trounced the Rim Rattlers 42-30 on Jan. 13 during an intramural game at the Community Activities Center.

Cadet Command's scoring attack was led by Darrel Hinson's 19 points and Brian Glasper's 10 points. Cadet Command started the game with a quick 9-0 run on a couple of threes from downtown by James Moore and Arnold Plesant.

After a shaky start, the Rim Rattlers slithered their way back into the game. The Rattlers toughened their defense and Jon Phillips grabbed a rebound and made a full court pass to Reggie Stanley for an easy two.

With 9:45 left in the first half, Stanley drove to the hoop and got fouled and went to the line. Stanley made the first free throw and missed the second. Rattlers' 6-foot, 6-inch big man, Chris Sweeny, grabbed the rebound of the second

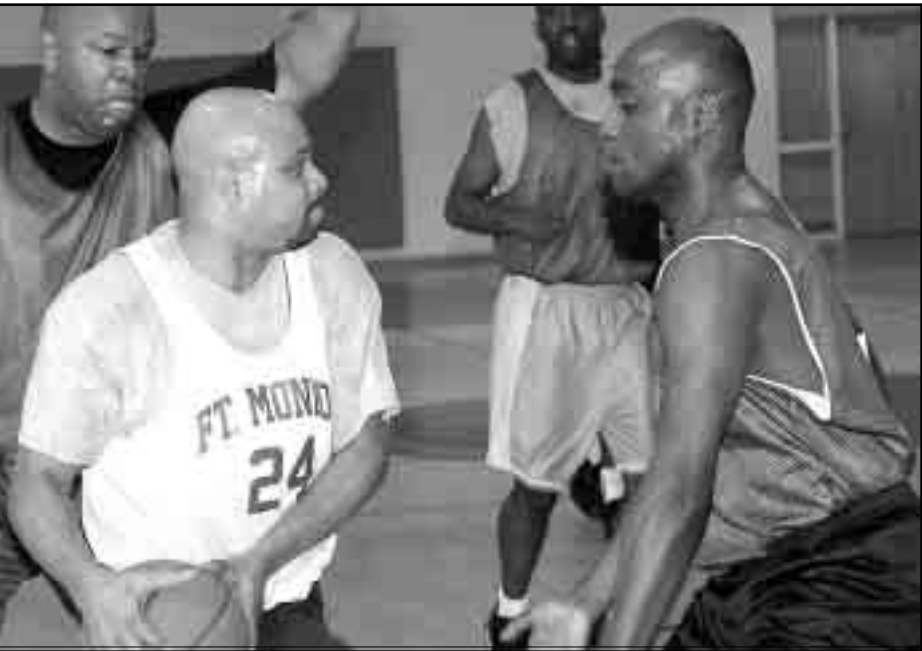
shot and drove strong to the hoop for the three-point play. This pulled the Rattler's within one.

The remainder of the half was dominated on the boards by Sweeny for the Rattlers and by Hinson on offense for Cadet Command. The Rattlers went to halftime up 18-17.

In the second half Cadet Command came out running and gunning behind Glasper and Hinson, and the score quickly jumped to 33-17. The Rattlers continued to lurk in the shadows. With 11:30 remaining in the half, Al Winder drove for a basket and a foul that closed some of the deficit.

Sweeny also helped keep the Rattlers in the game by working the boards at both ends of the court. Rattlers' second big man, John Tutson, was another contributor with his strong diesel drives to the hoop.

The intramural series continues next week with back-to-back afternoon games beginning at 11:30 a.m., on Tuesday and Thursday as well as Feb. 1 and 3.



Photos by Patricia Radcliffe

Photo left: Cadet Command's Arnold Plesant, left, and Brian Glasper, right, surround Rim Rattler Reggie Stanley (#24) during intramural basketball action Jan. 13 at the Community Activities Center. Photo above: Blocked by Cadet Command players, Al Winder looks for an out.

Youth soccer

Registration for youth soccer runs from Jan. 24 to Feb. 18 for kids ages 3 to 15. Participants must be Child and Youth Services members. The membership cost is \$18 per year. A current physical is also needed prior to the start of practice.

Cost is \$35 for the first player and \$28 for each additional sibling.

Call Mike Jones at 788-3957 for more information.

Buns on the Run 5K

Come to the Fitness Center at noon on Feb. 14 to take part in the 5K (3.1 miles) walk/run. The first 50 participants will receive a free T-shirt. Other 'Lighten Up! Tighten Up!' prizes will be given.

Sports Roundup

Lifeguard classes begin in February — American Red Cross Lifeguard, first aid and CPR for the professional rescuer are included in the certification class to be held on Feb. 13, 20, 27 and March 6. Class time is 8 a.m. to 6 p.m. For more information, or to register, call the indoor pool at 788-3301.

Super Bowl Party at the Bowling Center — The six big-screen televisions at the Fort Monroe Bowl will broadcast the Super Bowl Feb. 6. There will be food, drinks and door prizes. Call 788-2939 for more information.

'King of Pins' offers prizes, free bowling — Each Saturday, from Feb. 5 through the end of April, military members bowl free from 7 to 8 p.m. Those who rent a lane after 8 p.m. are eligible for the "King of Pins" prize giveaway. Whenever a Budweiser pin pops up on a scoring screen, that bowler is eligible for a prize. Contact the bowling center at 788-2939 for more information.

'Texas Hold 'Em' poker tournament — A tournament for "Texas Hold 'Em Poker" fanatics at Forts Monroe and Eustis begins Feb. 9. Fort Monroe players will compete at the Bowling Center here each Wednesday. Eustis players will meet on Thursdays. Regular tournament play will continue for five weeks, followed by finals to be held the week of March 21. There is a \$10 registration fee. Call 788-2939 for more information.

Rugby season begins — The Newport News Rugby Football Club is looking for tough, strong, fast people to play competitive rugby throughout Virginia. The NNRFC was the Virginia state champion in 2002 and has only lost two games in matrix play since 2002. The next practice will be held Jan. 27 at 7 p.m. in the Dozier Middle School gym. For more information, visit the NNRFC Web site at www.newportnewsrugby.com.

Monroe bowl-a-thon benefits area veterans

BY JON PEARLMAN
CONTRIBUTING SPORTSWRITER

Thirty-four bowlers and roughly 60 spectators took part in the 8th Annual Bowlers to Veteran's Link (BVL) Bowl-A-Thon here Saturday.

Proceeds from the event benefitted the Veteran's Administration Hospital in Hampton. The bowl-a-thon was sponsored by the Hampton Roads Bowling Association and Hampton Women's Bowling Association.

The bowl-a-thon has raised over \$70,000 in the past eight years. The money goes toward recreational items and events to improve the quality of life for patients. Past purchases have included a pool table, arts and crafts supplies and several trips to ball games for those who have served our country.

More than \$6,000 was raised this year. Among the participants who gathered pledges for the event was 13-year-old Josh Garner, who accumulated \$1,060 for veterans in nine months.

This was Garner's fifth year participating in the event.

Of his efforts, Garner said that he wants to support the troops and "this is a lot of fun."

There was also a strong showing of participants from Joint Task Forces Civil Support Master Sgt. Kim Guidry, who is new to the Fort Monroe community, said that she has participated in this type of event for 11 years and enjoys bowling in them.

All participants bowled three games. Awards for the highest-scoring male, female and youth will be presented at an annual Bowlers' Night Out banquet in March.

Event director and league coordinator Chuck McIntyre is always looking for additional participants for the bowl-a-thon, as well as enthusiast who might want to join one of his regular leagues. Those interested can contact him at the Fort Monroe Bowling Center at 788-2939.



Photos by Staff Sgt. Chris Hale

Air Force Master Sgt. Kim Guidry, left, and Marine Corps Staff Sgt. Andy Starling, both with Joint Task Forces Civil Support, roll for donations during Saturday's Bowl-A-Thon at the post bowling center.

VA offers tips to achieve a healthy weight

Nearly two-thirds of Americans are overweight, and more than three in 10 are obese. Some 300,000 deaths each year in the United States are attributed to obesity. Veterans are no exception.

A study by the Department of Veterans Affairs' (VA) National Center for Health Promotion and Disease Prevention (NCHPDP) found that among women receiving care at VA medical centers in 2000, 68 percent were overweight and 37 percent obese. Among men, 73 percent were overweight and 33 percent obese.

January is the start of a new year and a time when many people are striving to keep that New Year's resolution to lose weight. Healthy Weight Week, ending tomorrow, is designed to promote permanent lifestyle habits instead

of diet fads that take off the pounds only temporarily and often eliminate whole food groups, which doesn't provide balanced nutrition.

Nutrition is an important part of maintaining a healthy lifestyle and daily food selections may help to reduce risks of chronic diseases such as diabetes, hypertension, cardiovascular disease and many types of cancers. In fact, several recent studies, including one conducted in the division of geriatric medicine at the St. Louis VA Medical Center, found that high-fat diets may impair cognitive ability.

The following tips from VA's NCHPDP will help you achieve permanent weight loss:

Make a gradual change. Diets fail when you change too many things all at once. Change one, or

maybe two things at a time, and give yourself time to adjust and form a habit before making the next change.

Set realistic goals. A realistic goal for weight loss is to lose 10 percent of your body weight.

Change the way you eat. Eat more fruits, vegetables and whole grains. Limit high fat, high caloric foods.

Don't skip meals or starve. Doing so makes weight loss harder because your body learns to live on fewer calories and adjusts to needing less energy.

Be more active. Get up, get out and get moving. Physical activity burns calories.

Eat slowly. Be a frequent feeder eating small five or six times a day versus the traditional two to three large meals. Use a smaller plate so it holds less food, and limit "large/super size" portions.

VA is involved in an array of research projects targeting obesity. From laboratory studies of hunger-related hormones such as ghrelin and leptin to clinical trials comparing popular diets, VA is contributing toward a better understanding of the biological, environmental, psychosocial and economic factors involved in this condition.

Visit the NCPDP Web site at www.ncpdp.med.va.gov or VA's Nutrition and Food Service Web site at www.va.gov/NFS for more information.



'Lighten Up, Tighten Up!' takes bikers to new heights

Alan Rogers moves the "game piece" that indicates how high he has climbed during the ongoing virtual mountain trek sessions that are part of the Group Cycling classes at the Fitness Center. Each session takes participants to another level. Once the cyclist reaches certain 'elevations,' he or she will be awarded a prize. The virtual climb is part of the "Lighten Up, Tighten Up!" campaign that continues until the end of March. Participants can also earn prizes by purchasing any of the special healthy menu options available at the Fort Monroe Bowl. Each purchase earns a meal card stamp. Once cards are full, they can be turned in for a prize. Group Cycling classes at the Fitness Center are held Tuesday through Thursday at 11:30 a.m.

Photo by Patricia Radcliffe

'AND 1 Streetball' makes debut at Ted Constant Center

"AND 1 Streetball Live," produced by the RCA Group, will debut at the Ted Constant Convocation Center, on the campus of Old Dominion University, Feb. 5 at 7 p.m.

This unique production introduces the unusual sport of "playground-style basketball." Spectators will be introduced to "AND 1" legends who sport monikers like "The Professor," "Spyda," and "Half Man, Half Amazing."

Ticket prices range from \$17 for the concourse to \$50 for courtside. Reservations can be made by phone (671-8100), or by visiting the Constant Center Web site at www.constantcenter.com.

MoatNotes

UPCOMING SPOTLIGHT EVENTS

Post Run Jan. 25 Newcomers Orientation Feb. 10
Post Retirement Ceremony ... Jan. 28 Lincoln Penny Swim Feb. 12
Performing Arts Concert Feb. 3 Buns on Run 5K Feb. 14
For more on these and other upcoming events, see calendar below or other stories and briefs in this issue.



Jan. 21

Monte Carlo night

Try your luck at poker, black jack, roulette and other games of chance during Monte Carlo Night this evening at the Langley Officers' Club. The event begins at 6 p.m.

Sponsored by the Langley Officers' Spouses' Club, the evening will also feature a basket raffle and auction. All proceeds will go to LOSC charitable accounts.

The admission cost is \$15 per person. A variety of snacks will be served during the event. For more information, or to make reservations, call Cheryl Smith at 766-5696.

Garden show

From Tiki huts found in the South Pacific to a tulip-filled European village, the 2005 Virginia Flower and Garden Show promises an exciting array of plants and cultural displays from around the world.

The show begins today at the Virginia Beach Pavilion and continues through the weekend. Show hours are 9 a.m. to 8 p.m., Friday and Saturday, and 10 a.m. to 5 p.m., Sunday.

More than 125 vendors will be exhibiting and selling garden-related merchandise. The event also includes an art show by local and regional artists, and a window box competition.

Admission is \$10 for adults, \$9 for seniors and military, and children under 12 are free. A program of events is available at www.vafgs.org.

Jan. 22

Dinosaur hunt

Take a rare and exciting look at the life of dinosaurs through their eggs, nests and embryos during the "Hatching the Past: The Great Dinosaur Egg Hunt" program that begins Saturday and continues through May 8 at the Virginia Living Museum, Newport News.

This remarkable hands-on exhibit offers an astounding array of authentic dinosaur eggs and nests collected from all over the globe. Each of the major plant- and meat-eating dinosaur groups is represented. A central feature of the exhibit is "Baby Louie," the nearly complete skeleton of a dinosaur embryo.

All ages are welcome. The museum's winter hours are Monday through Saturday from 9 a.m. to 5 p.m., and Sunday from noon to 5

Follow the bouncing ball

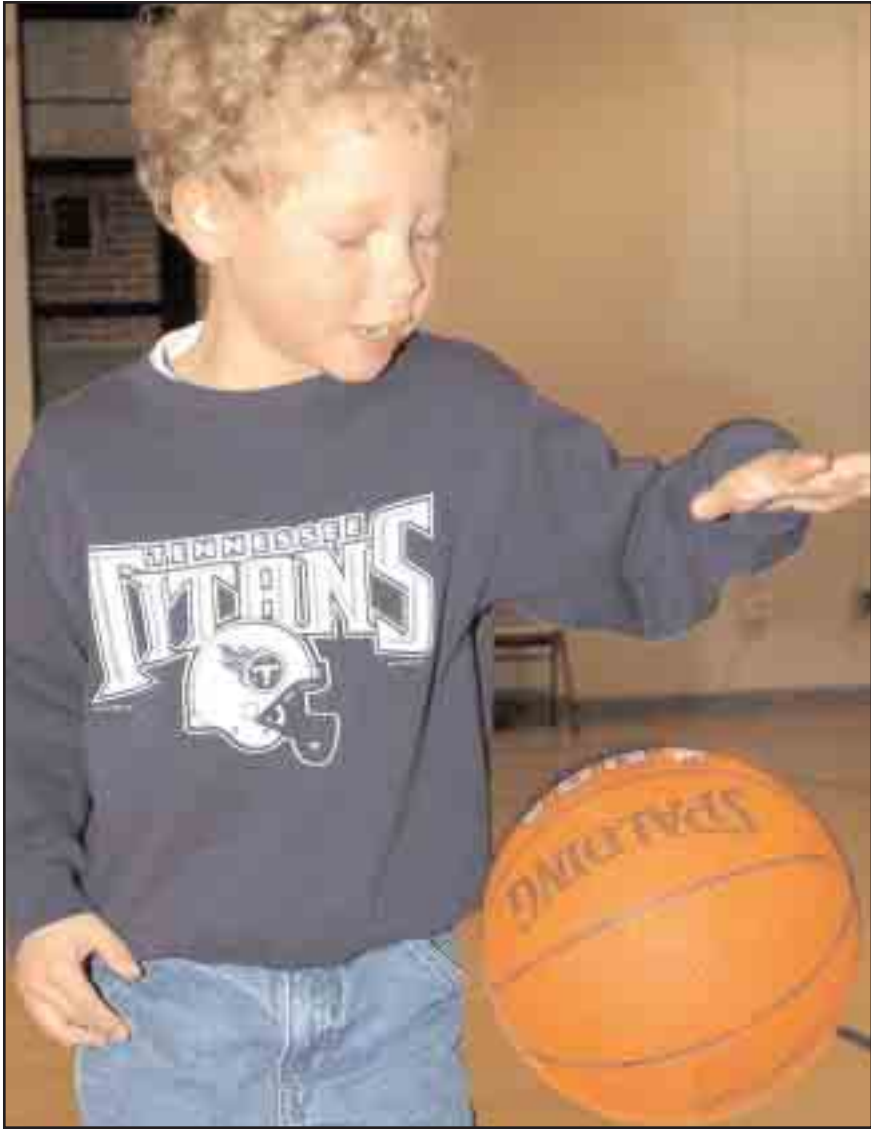


Photo by Patricia Radcliffe

John Cobb, 4, demonstrates that he can dribble 10 times without stopping during a basketball skills training session at the CAC on Jan. 11. He plays for the post Sonics basketball team.

p.m. Admission is \$11 for adults, \$8 for children ages 3-12, and kids under 2 and members get in for free.

For more information, call 595-1900.

'Freight Train'

Delighting audiences with their original sound that blends jazz, bluegrass and Latin rhythms, the five-member band Old School Freight Train will perform at the Williamsburg Library Theatre Saturday starting at 7:30 p.m.

Nominated for best bluegrass album during the 35th annual Grammy Awards, and a finalist in the Independent Music Awards in 2003, the Charlottesville-based Old School Freight Train has a loyal local following in the Virginia area, and is rapidly gaining recognition nationally.

Tickets for the show are \$12 for adults, \$10 for students with ID and \$6 for those under 16. For more information, or to reserve seats, call 259-4070.

'Sadlerpalooza'

Some of the finest performance groups from the College of William and Mary will provide a high-energy variety show Saturday at Kimball Theatre, Colonial Williamsburg. The show begins at 8 p.m.

The show's producers promise an exciting evening of singing, dancing and comedy. All ticket sales benefit the 2005 William and Mary International Service Trips, created and organized entirely by students to provide affordable housing and medical aid to Latin America.

Tickets are \$15. Call 1-800-HISTORY for reservations.

Jan. 23

Mozart celebration

The American Theatre, Phoebus, opens its 2005 season Sunday with a performance by Orchestra Verdi Europa at 2:30 p.m.

The all-Mozart program includes the "Overture to Don Giovanni" and two concert arias from "The Magic

Flute." The orchestra is currently on a coast-to-coast tour with the Opera Verdi Europa.

Tickets are \$25 and \$30, depending on seating location. Discounts are available for military personnel. For more information, or to reserve a seat, call 722-2787.

Inside Africa

Nauticus — the National Maritime Center in Norfolk — will host the "Inside Africa Gospel Concert" Sunday from 3 to 5 p.m., in the facility's theater.

The concert features several local gospel choirs. Guests are encouraged to wear African-inspired attire for \$2 off regular admission. Or bring in a church bulletin to receive one-half-price admission.

The regular entrance fee is \$9.95 for adults, \$8.95 for seniors and military, \$7.50 for children ages 4-12, and under 3 free. For further information, call 664-1000.

Jan. 25

'Heart to Heart'

Healthy tips to relieve stress, lower cholesterol and reduce the risk of heart disease among women will be offered during a special presentation starting a 7 p.m., Tuesday at Mary Immaculate Hospital, Newport News.

Cardiologist Patricia Nahormek, MD, will also provide important information about the signs and symptoms of heart disease, which is the leading killer of women across the U.S.

To register for this free seminar, call 886-6700. Seating is limited.

AT THE MOVIES

Showing at the Fort Eustis Theater

Friday, Jan. 21
7 p.m. — Closer (PG-13)

Saturday, Jan. 22
2 and 7 p.m. — Flight of the Phoenix (PG-13)

Wednesday and Thursday, Jan. 26 and 27
7 p.m. — Lemony Snickets (PG)

Friday, Jan. 28
7 p.m. — Spanglish (PG-13)

Saturday, Jan. 29
2 p.m. — Spanglish (PG-13)
7 p.m. — Meet the Fockers (PG-13)

Wednesday, Feb. 2
7 p.m. — Meet the Fockers (PG-13)

Thursday, Feb. 3
7 p.m. — The Life Aquatic (R)

*The Langley Air Force Base movie theater is closed for renovations.

Adults \$2, children 6-12 years old \$1.50 and children under 6 are free. If a child under 6 occupies a seat at a G-rated movie, admission is \$1.50. Special movie showings are available. Contact John Low at LowJ@aafes.com or 766-1237 for details.

Jan. 27

Identity theft

Learn ways to protect yourself from identity theft during a free seminar Thursday at the Willow Oaks Branch of the Hampton Public Library. The presentation begins at 7 p.m.

Speakers will include professionals from the law enforcement community and the financial industry. They will discuss old and new tactics used by identity thieves; how to protect yourself; and what to do if you become a victim.

“With identity theft on the rise for the past several years, we think it’s very important to educate our members and the public on how to protect themselves from financial predators,” said Michael Guild, president and CEO of the Fort Monroe Credit Union — which is hosting the program.

The seminar is open to the public and seats are limited, so those interested are encouraged to sign up soon by calling 728-7204 or sending an email to marketing@fortmonroecu.org.

Jan. 28

Mark Twain

Veteran performer Hal Holbrook brings his award-winning one-man play “Mark Twain Tonight” to the Ferguson Center for the Performing Arts, Newport News, Jan. 28 and 29. Both shows begin at 8 p.m.

The Tony-Award-winning show first opened on Broadway in 1966 and Holbrook was honored as best actor in a dramatic role. Television history was made on March 6, 1967 when an audience of more than 30 million viewers tuned in to watch the first landmark broadcast of the performance. The 90-minute special was acclaimed as one of the greatest moments in television history.

All seats are \$55. To make reservations, call 594-8752, or visit the Ferguson Center box office located on the campus of Christopher Newport University.

Civil Rights play

“My Soul is a Witness” — the extraordinary new play about the Civil Rights Movement, written by Hampton native David Barr, III — will be on stage Jan. 28 and 29 at the American Theatre, Phoebus. Both performances begin at 8 p.m.

From tragic assassinations to narrow escapes from vigilantes, and from secret rehearsals for non-violent protests to great public gatherings, “My Soul Is A Witness” explores many different facets of the movement for equal rights. Great music, from soaring gospel to pulsating protest songs, add to the realism of the production.

Ticket prices are \$25 and \$30 depending on seating location. For more information, or to make reservations, call 722-2787.

C.S. Lewis on stage

Kempsville Presbyterian Church presents the one-man play “C.S. Lewis on Stage,” Jan. 28 at 8 p.m.

The author of the top-selling “Chronicles of Narnia,” Lewis was an Oxford don who could make his audience think as deeply as he made them laugh. The production stars Tom Key, a Hollywood actor who has also appeared in many off-Broadway shows.

Tickets are \$8. For more information, or to reserve seats, call 495-1913.

Book sale

The Friends of the Newport News Public Library are hosting a “Wipe Out Book Sale” Jan. 28 and 29 at the Main Street Branch (in the Hilton area). The hours are 10 a.m. to 5 p.m. Friday and 10 a.m. until all books are gone Saturday.

All of the “gently used” books not sold on Friday will be given away free on Saturday. All proceeds from the sale directly support library programs like the computer labs and the summer reading program.

For more information, or if you would like to volunteer for the program, call 926-1350.

Jan. 30

Old-time bluegrass

Described as “fiercely loyal” to the traditional roots of bluegrass and southern gospel music, Rounder recording artists Dry Branch Fire Squad returns to the Williamsburg Library Theatre Jan. 30 for a 7:30 p.m. concert.

In 28 years of music making, Dry Branch has become an institution in American acoustic music. Past audiences and fellow musicians have described their show as “exquisite” during one minute and “haunting” the next.

Tickets for the performance are \$14 for adults, \$12 for students with ID, and \$7 for those under 16.

For more information, or to reserve seats, call 259-4070.

Bones exhibit

Take a fascinating trip beneath your own skin as the Science Museum of Virginia presents “Bones: An Exhibit Inside You” Jan. 30 through May 1 at 2500 West Broad Street, Richmond.

See how bones provide our unique shape and give us strength and mobility. Discover how bones are used as tools, jewelry, art and musical instruments by cultures around the world.

Hours are Monday through Saturday from 9:30 a.m. to 5 p.m., and Sunday from 11:30 a.m. to 5 p.m. Museum admission fees for adults range from \$8.50 for exhibits only to \$16 for exhibits and a big screen film. Discounts are available for military members. For more information, visit www.smv.org.

Feb. 4

Yoder concert

From their many appearances on NPR’s “A Prairie Home Companion” to the stage show at “The Grand Ol’ Opry,” Robin and Linda Williams have earned considerable notoriety among folk and bluegrass audiences.

Now Hampton Roads area music lovers can enjoy their classic brand of country during a special performance at 8 p.m., Feb. 4 at the Yoder Barn Heritage Theater, Newport News.

Tickets are \$20 for adults, \$18.50 for seniors and \$15 for students with ID. For more information, or to make reservations, call 249-4187.

Feb. 5

‘Freedom Won’

The role of African-Americans during the Civil War will be the subject of a special presentation

Feb. 5 from 10 a.m. to 4 p.m. at Endview Plantation, Newport News.

This living history program titled “Freedom Won: African-Americans in the Civil War,” will feature costumed interpreters who will portray civilians and members of a community group known as the “U.S. Colored Troops.” Guided tours of the historic plantation house will also be conducted.

The program is included as part of Endview’s regular daily admission. For more information, call 887-1862.

Tuskegee Airmen

Members of the now famous Tuskegee Airmen — the first African-American fighter and support squadrons that flew during World War II — will be on hand Feb. 5 from noon to 4 p.m. at the Virginia War Museum to greet guests and share their memories.

The public is invited to chat with the men and view the museum’s galleries, including the special display titled “March Toward Freedom: The Black Military Experience in America.” From 1 to 3 p.m., the movie “The Tuskegee Airmen” will be shown in the museum theater.

The museum is located at 9285 Warwick Blvd., Newport News. For more information, call 247-8523.

Flea market

Antiques, jewelry, sports cards, framed pictures and furniture are just some of the items that will be up for sale during the Olde Towne Portsmouth Flea Market Feb. 5 from 10 a.m. to 2 p.m., in the Middle Street Parking Garage.

Nearly 100 vendors from the Hampton Roads area typically participate in the event, which is free and open to the public. Free parking is also available along the street or on the upper floor of the parking garage.

For more information, call 399-0201.

Lincoln Penny Swim

Feb. 12
1 to 2 p.m.

CAC Indoor Pool
Tickets \$1

Contributed photo by Mike Carlomany

Fort Monroe MWR is hosting a Lincoln Penny Swim Feb. 12 from 1 to 2 p.m. at the Community Activities Center indoor pool. Tickets are \$1. In preparation for the event, organizers will place \$40 in pennies and \$10 in gold dollars in the pool. Two pennies will be painted gold and can be redeemed for summer family pool passes — a prize valued at \$150. For more information, call 788-3301.



LIVING SINGLE

Continued from Page 10

Today she has her son full-time, and even though it's only been about five months this stretch, she said their routine has become second nature.

Mills awakes daily at 5:30 a.m., hastily dresses and leaves her Newport News apartment bound for Fort Monroe for physical training. Afterwards it's back on I-64 to get home and make sure that her 9-year-old safely boards his school bus.

She follows that with more primping and preparing to make it out of the house for work by 9 a.m. She usually leaves her job at 4:30 p.m., and lets Jarmon stay at an after school program until 6:00. This allows him some playtime and gives her some down time, she pointed out.

Once Mills picks up her young man it's dinner and homework time. Bedtime follows shortly thereafter. "Then we do it all over again until the weekend when we both can rest," she said releasing a long sigh.

Ponder said she can attest to the hectic schedule single parents endure. Her standard operating procedure involves bouncing children in two different directions each morning; one goes to daycare and the other is in elementary school. Preparing dinner, supervising homework after putting in a hard day's work and corraling the children off to bed at a decent hour is all she knows these days.

Both Soldiers agreed that weekends are reserved for chores, grocery shopping, periodic special family activities and TV since neither of them have any opportunity to tune in during the week.

Mills revealed a simple solution to this hectic lifestyle. "The way I approach it is that I don't put anything off. I just do what I have to do and move on," she said.

Ponder has even eeked out enough free time to fit in college studies, which she hopes will culminate in a psychology degree.

Both single moms also reflected on the challenges each holiday season brings. They can potentially mean added stress and depression for some single parents given the heavy emphasis on families and togetherness. But they have each created traditions that put a positive spin on things.

"For the last few years, what we've done for Christmas is stay home and open gifts in the morning. (Then) we travel (to North Carolina) and have dinner at my grandmother's house with family. We've always made it there by dinnertime. For Thanksgiving, my family comes to visit us," said Mills noting that her son gets particularly excited about hosting family on his own turf.

Ponder and her girls also spend Christmas at home. The day after Christmas is Kalila's birthday. Both events are times of celebration with friends and family.

Neither Soldier allows the absence of fathers in the home to dampen theirs or their children's spirits. They each accept their roles and try to make the best of things.

"I just talk to my son as much as possible and try to validate him at home. I also try to keep him involved in extracurricular activities like basketball and other sports," said Mills.

She also admitted that, on occasion, she does turn to family members for positive male influences.

Ponder said her approach is to focus as much as possible on the loving aspects of her relationship with her daughters even in times where discipline is involved.

"Whenever I have to discipline them, I let them know that it's the behavior that is bad not the child. I always tell them, 'I love you,'" said Ponder.

Despite the rigors of Army life, Mills and Ponder chose to endure the moments of uncertainty for a career in the military — a choice they both believe has more advantages than disadvantages.

"I'm able to fully provide for my son and I still help my grandmother out. I think that what it's all about. I'm blessed because I'm a blessing to her," said Mills.

Ponder confessed that her eight years as a military single parent have been overwhelming at times, especially when faced with issues like difficult chains of command. There was a time in Panama when a fellow Soldier, who had also gone through a pregnancy while stationed there, bluntly advised, "If you can go home, go."

"Now I'm blessed with a good chain of command that supports me and the fact that I'm a single parent. Their understanding and support has been a great help," she said.

In her short career, Mills said has not encountered any adversity to date. "Here, my chain of command has been very good to me," she noted.

Ponder said she combats the stress of single parenthood by seeking help when necessary — be it moral support, childcare or finances. She has relied on Family Advocacy, local WIC programs and Army Community Services.

It also helps to be involved in your community, Ponder said. To that end, she has even begun a support group for single military parents with help from ACS. The group's first meeting is set for Feb. 8 at 11:30 a.m. at Quarters 1.

"It's pretty much to let single parents know they're not out here by themselves. We want to provide personal, emotional and moral support," she said.

For details about the Single Parent Support Group or to join, contact Ponder at 788-5884 or call ACS at 788-3878.

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